

Suicide Prevention and Recovery Month

Upcoming

September 2022 events

All month long!

Sept.

6

Remember ... 22: A 22 Day Challenge

The Montana National Guard Prevention Team is challenging the community to make connections with others and ourselves. Call 406-324-3242

Saving Our Children: Youth Suicide Prevention Webinar

Learn how clinicians and other professionals can support children and teens with their mental health through the pandemic. 12 p.m. Register at <https://bit.ly/savingourchildren>

Sept.

7

Moms are not immune virtual remembrance vigil

Join families from around the U.S. to light a candle to honor all moms lost to maternal suicide, 6:30 - 7 p.m. Register at <https://bit.ly/momsarenotimmune22>

Sept.

8

Maternal Mental Health 101

Learn about the various Maternal Mental Health Disorders, risk factors, warning signs, and treatment options. Zoom, 11:30 a.m. - 1 p.m. Register at <https://bit.ly/MMHD22>

Sept.

10

Celebrating a decade+1 of Peer Leadership

Montana Peer Network is hosting its annual recovery conference from 8 a.m. - 5:30 p.m. at the Great Northern Hotel. Free for MPN members. Register at mtpeernetwork.org/rc2022

Sept.

10

LOSS Team Volunteer info Session

If you have lost someone to suicide and/or are a behavioral health professional, please join us for this virtual volunteer information session at 10 a.m. on the LOSS Team of Lewis and Clark County Area. Register at <https://bit.ly/SeptLOSS1>

Sept.

10

1-189th GSAB Aviation Family Day & Open House

Join the Montana National Guard for a day of family fun with the General Support Aviation Battalion and Helena Boeing 3330 Skyway Drive. 10 a.m. - 4 p.m.

Suicide Prevention and Recovery Month

Upcoming
September 2022 events

Sept.

12

Meet PureView Behavioral Health!

Join PureView Health Center at its Downtown Clinic in welcoming the new behavioral health team! Ask questions, get to know them, and have an opportunity to schedule a mental health appointment 4:30 - 6:30 p.m.

Mental Health First Aid

Sept.

16

MHFA teaches how to assist someone you know who is experiencing a mental health challenge, 8:30 a.m. - 1 p.m. This session is the 1st of a 2-part training. The second half will be held on Sept. 23. St. Peter's Health Education Center. You must attend both to be certified. Register at <https://bit.ly/wespeakmentalhealth>

Suicide survivor support group

Sept.

16

This is a safe space for anyone who has been affected by the loss of a loved one to suicide to share stories and find support. Hosted by Charlie Health via zoom, 12 - 1 p.m. Register at <https://bit.ly/charliehealthsupport>

NAMI Walks Your Way MT

Sept.

18

Join NAMI Montana for its annual walk to support mental health in our state. 11 a.m. registration, Memorial Park, 1203 N. Last Chance Gulch in Helena. learn more at namimt.org

ACEs and Resilience 101

Sept.

20

Learn how toxic stress has the potential for long-term impacts and how a caring, healthy relationship can offset the damage caused by ACEs. Register at <https://bit.ly/wespeakmentalhealth>

LOSS Team Volunteer info Session

Sept.

20

If you have lost someone to suicide and/or are a behavioral health professional, please join us for this virtual volunteer information session at 12 p.m. on the LOSS Team of Lewis and Clark County Area. Register at <https://bit.ly/SeptLOSS2>

Ending the criminalization of mental illness

Sept.

20

Ending the criminalization of mental illness, NAMI Presentation with Judge Steve Leifman, 7 p.m., Carroll College All Saint's Hall. Open to the public. Learn more at <https://namimt.org/>

Suicide Prevention and Recovery Month

Upcoming
September 2022 events

Sept.

20

Volunteer 101 - AFSP MT

This virtual meeting at 7 p.m. will give potential volunteers the opportunity to meet board members and event planning committee with the American Foundation for Suicide Prevention - MT. Register at <https://2022rmvolunteer101.attendase.com/>

Sept.

21

NAMI Montana Family & Friends Virtual Seminar

This free 2-hour seminar informs people who have loved ones with mental health conditions how to support them. Led by trained people with lived experience. Held 6 - 8 p.m. Register at <https://bit.ly/NAMIfamilyandfriends>

Sept.

22

QPR suicide prevention training

St. Peter's Health Education Center. Learn about the warning signs of a suicidal crisis and how you can help someone you know during this free training. Register <https://bit.ly/wespeakmentalhealth>

Sept.

23

CSAA Congress - Youth Mental Health speakers

Youth Mental Health will be the focus of this event with speakers from Shodair, NAMI Montana, and the Rural Behavioral Institute. 1 - 3 p.m. Residence Inn Helena. Email [contact.centralsaamontana@gmail.com](mailto:centralsaamontana@gmail.com) to register, <https://bit.ly/CSAAYMH>

Sept.

24

Shatterproof Rise Up Against Addiction Walk

This inaugural walk will be held to honor those who lost their lives to addiction and bring hope to those still suffering. Learn more by contacting Laurine Wolf at (406) 594-1203, wolfa1203@outlook.com or register at <https://bit.ly/3zFEVSz>

Sept.

27

Suicide Loss Survivor Support Group

Breathe, Let's Start a Conversation's bereavement support group meets on the fourth Tuesday of every month at 6:30 p.m. at St. Peter's Hospital. <https://www.facebook.com/breathemontana>

Find more mental health awareness and suicide prevention events at lcsuicideprevention.org